United States Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302

Dear Software Industry Executive:

Some of the information that was sent to the software companies in a memo, dated June 30, 1995, has been revised. In that memo, we provided you with a methodology for calculating the nutrient value of a combined breakfast and lunch using a weighted nutrient analysis. This segment of the June 30th memo has been modified. Therefore, you should disregard the previous documentation and technical assistance pertaining to this issue, we are enclosing new instructions. At this time, software companies will be required to program this feature into existing Nutrient Standard Menu Planning software systems for school food service.

After further evaluation of the feasibility of programming such an algorithm into nutrient analysis software, new methodology was developed and a worksheet was designed to provide a "step by step" approach for calculating a combined breakfast and lunch nutrient analysis on paper. This worksheet (enclosed) can be used by food service personnel who choose the Nutrient Standard Menu Planning option and desire one complete, combined analysis of their breakfast and lunch menus. Software companies now have the option of incorporating a combined menu analysis function in their software program or providing the software without this function. If this function is included, it will be evaluated by FCS for accuracy.

If you have any questions, please feel free to contact Renee Prioleau at (703) 305-2556.

Sincerely,

Cynthia H. Ford
Branch Chief
Technical Assistance Branch
Nutrition and Technical Services Division

Enclosures

Note: The date on the original letter is illegible. The letter was sent in October of, probably, 1995 or 1996. The original letter was signed by Cynthia H. Ford. This Word version of the Breakfast/Lunch Combined Analysis document was created in April 2006.

The Food and Consumer Service has developed a methodology for calculating the nutrient value of a combined breakfast and lunch meal using a weighted nutrient analysis. A worksheet has been designed to provide a "step by step" approach for calculating a combined breakfast and lunch nutrient analysis on paper. This worksheet can be used by food service personnel utilizing the Nutrient Standard Menu Planning option, who desire one complete and combined analysis of their school breakfast and lunch menus. The key components of an accurate calculation require that the RDA nutrient standard and the analyzed nutrient values of a menu for breakfast and lunch are both weighted by the meal participation rates in one's school breakfast and lunch program.

METHODOLOGY

1. Specify age grouping.

2. Specify breakfast and lunch RDA standard for the specific age category.

3. Evaluate production and service records to determine meal participation rates (%).

4. Multiply each RDA nutrient standard for breakfast and lunch by meal participation rates.

5. Add the weighted breakfast and lunch RDA standard figures for each nutrient.

6. Perform a computer nutrient analysis of a weighted breakfast and lunch menu.

7. Multiply each nutrient value for the breakfast and lunch menu by meal participation rates (same participation rate as step 3).

8. Add the weighted breakfast and lunch menu figures for each nutrient.

9. Compare the weighted nutrient analysis of a combined breakfast and lunch meal to the weighted RDA standard for a combined breakfast and lunch.

WORKSHEET FOR CALCULATING THE NUTRIENT VALUE OF A COMBINED BREAKFAST AND LUNCH USING THE WEIGHTED NUTRIENT ANALYSIS PROCEDURE

1. Specify age/grade grouping_____

2. Determine the nutrient standard for the combined breakfast/lunch for the age grouping.

   a. Specify nutrient standard for breakfast and for lunch.

	BRKFT	LUNCH		BRKFT	LUNCH
Calories	_____	_____	Vitamin A	_____	_____
Protein	_____	_____	Vitamin C	_____	_____
Calcium	_____	_____	Fat	_____	_____
Iron	_____	_____	Sat. Fat	_____	_____

   b. Specify feeding figures for reimbursable meals.

   Breakfast_____ Lunch_____

   c. Evaluate production and service records to determine reimbursable meal participation rates (%).

   Breakfast_____% B= (B/ (B+L)) x100 Lunch_____% L= (L/ (L+B)) x100

   d. Multiply nutrient standard for breakfast and lunch by meal participation rates.

BREAKFAST	LUNCH
Calorie _____X_____%=_____	Calorie _____X_____%=_____
Protein _____X_____%=_____	Protein _____X_____%=_____
Calcium_____X_____%=_____	Calcium_____X_____%=_____
Iron _____X_____%=_____	Iron _____X_____%=_____
Vit. A. _____X_____%=_____	Vit. A. _____X_____%=_____
Vit. C _____X_____%=_____	Vit. C _____X_____%=_____
Fat _____X_____%=_____	Fat _____X_____%=_____
Sat. Fat_____X_____%=_____	Sat. Fat_____X_____%=_____

   e. Add the weighted breakfast and lunch standard figures for each nutrient to obtain a weighted nutrient standard.

	B	L	Total		B	L	Total
Calories	____	+ ____	=_____	Vitamin A.	____	+ ____	=_____
Protein	____	+ ____	=_____	Vitamin C.	____	+ ____	=_____
Calcium	____	+ ____	=_____	Fat	____	+ ____	=_____
Iron	____	+ ____	=_____	Sat. Fat	____	+ ____	=_____

3. Determine the weighted nutrient analysis of a combined breakfast and lunch meal.

   a. Perform a computer nutrient analysis of a weighted breakfast and lunch menu.

	BRKFT	LUNCH		BRKFT	LUNCH
Calories	_____	_____	Vitamin A	_____	_____
Protein	_____	_____	Vitamin C	_____	_____
Calcium	_____	_____	Fat	_____	_____
Iron	_____	_____	Sat. Fat	_____	_____

   b. Multiply each nutrient value for the breakfast and lunch menu by meal participation rates. (Same participation rate as step 3)

BREAKFAST	LUNCH
Calorie _____X_____%=_____	Calorie _____X_____%=_____
Protein _____X_____%=_____	Protein _____X_____%=_____
Calcium_____X_____%=_____	Calcium_____X_____%=_____
Iron _____X_____%=_____	Iron _____X_____%=_____
Vit. A. _____X_____%=_____	Vit. A. _____X_____%=_____
Vit. C _____X_____%=_____	Vit. C _____X_____%=_____
Fat _____X_____%=_____	Fat _____X_____%=_____
Sat. Fat_____X_____%=_____	Sat. Fat_____X_____%=_____

   c. Add the weighted breakfast and lunch menu figures for each nutrient to obtain a weighted combined nutrient analysis.

	B	L	Total		B	L	Total
Calories	____	+ ____	=_____	Vitamin A.	____	+ ____	=_____
Protein	____	+ ____	=_____	Vitamin C.	____	+ ____	=_____
Calcium	____	+ ____	=_____	Fat	____	+ ____	=_____
Iron	____	+ ____	=_____	Sat. Fat	____	+ ____	=_____

4. Compare the weighted nutrient analysis of a combined breakfast and lunch meal to the weighted nutrient standard for a combined breakfast and lunch. (Totals from 2.e and 3.c)

WEIGHTED NUTRIENT STANDARD	WEIGHTED NUTRIENT ANALYSIS
Calories _____	Calories _____
Protein _____	Protein _____
Calcium _____	Calcium _____
Iron _____	Iron _____
Vitamin A _____	Vitamin A _____
Vitamin C _____	Vitamin C _____
Fat _____	Fat _____
Sat. Fat _____	Sat. Fat _____